

HOW CAN I GET AHEAD OF SEPSIS?

Healthcare professionals can:

- **Know sepsis signs** to identify and treat patients early.
- **Act fast** if you suspect sepsis.
- **Prevent infections** by following infection control practices (e.g., hand hygiene, catheter removal) and ensuring patients receive recommended vaccines.
- **Educate your patients and their families about:**
 - Preventing infections.
 - Keeping scrapes and wounds clean.
 - Managing chronic conditions.
 - Recognizing early signs of worsening infection and sepsis and seeking immediate care if signs are present.

WHAT SHOULD I DO IF I SUSPECT SEPSIS?

- **Immediately alert clinician in charge if it is not you.**
- **Know your facility's existing guidance for diagnosing and managing sepsis.**
- **Start antibiotics as soon as possible, in addition to other therapies appropriate for that individual patient.**
- **Check patient progress frequently.** Reassess antibiotic therapy 24-48 hours to stop or change therapy as needed. Be sure antibiotic type, dose, and duration are correct.

Sepsis is a medical emergency. Protect your patients by acting fast. Delayed recognition and treatment of sepsis increases your patients' risk of death.

Learn more about sepsis and how to prevent infections:
www.cdc.gov/sepsis.

This project has been funded in whole or in part with Federal funds from the National Center for Emerging Zoonotic and Infectious Diseases (NCEZID), Centers for Disease Control and Prevention (CDC), Department of Health and Human Services (HHS), under Contract No. 200-2016-F-90343.



FOR HEALTHCARE PROFESSIONALS

PROTECT YOUR PATIENTS FROM SEPSIS.

Infections put your patients at risk for sepsis. Be alert to the signs and, if suspected, act fast.

**GET AHEAD
OF SEPSIS**

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.



More than **1.5 million** people get sepsis each year in the U.S.

At least 250,000 Americans die from sepsis each year.

One in three patients who die in a hospital have sepsis.

WHAT ARE THE SIGNS OF SEPSIS?

There is no single symptom of sepsis. Signs of sepsis can include a combination of any of the following:



CONFUSION OR
DISORIENTATION



SHORTNESS OF BREATH



HIGH HEART RATE



FEVER, OR SHIVERING,
OR FEELING VERY COLD



EXTREME PAIN OR
DISCOMFORT



CLAMMY OR
SWEATY SKIN

WHAT IS SEPSIS?

Sepsis is the body's extreme response to an infection. It is life-threatening, and without prompt treatment, often rapidly leads to tissue damage, organ failure, and death.

WHAT CAUSES SEPSIS?

Almost any type of infection can trigger sepsis. Four types of infections that are often linked with sepsis are lung, urinary tract, skin, and gut.

The most frequently identified pathogens that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus* (strep).

WHO IS AT RISK?

Anyone can get an infection, and almost any infection can lead to sepsis. Certain patients are at increased risk for developing sepsis:

- Adults 65 or older
- People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease
- People with weakened immune systems
- Children younger than one